

## What is the cost of services at a Family Planning clinic?

Clients are charged for services according to their household income and family size. Private pay, insurance, Medicaid, Medicare and donations are accepted.

A trained and caring staff of health-care professionals provide these services.

### Did you know?

The average woman has 32 or more years in her lifetime when she can bear children. The average male is able to father children from puberty throughout his lifetime.



**ALL SERVICES  
ARE STRICTLY  
CONFIDENTIAL.**

## North Dakota Family Planning Clinics

### Central Valley Family Planning Program

122 2nd St. NW

Jamestown, N.D. 58401 ~ 701.252.8130

\*Carrington ~ 701.652.3087

\*Valley City Courthouse ~ 701.252.8130

\*Valley City State University ~ 701.845.7212

### Community Action Partnership Family Planning Program

202 E. Villard

Dickinson, N.D. 58601 ~ 701.227.0131

### Custer Family Planning Center

701 E. Rosser Ave.

Bismarck, N.D. 58501 ~ 701.255.3535

### Fargo Cass Public Health Family Planning Program

1240 25th St. S.

Fargo, N.D. 58103 ~ 701.241.1383

\*Cass County Jail

### First District Health Unit Family Planning Program

801 11th Ave. S.W., P.O. Box 1268

Minot, N.D. 58702 ~ 701.852.1376

### Lake Region Family Planning Program

Ramsey County Courthouse

524 Fourth Ave. N.E. Unit #9

Devils Lake, N.D. 58301-2490 ~ 701.662.7046

\*Rugby ~ 701.776.6783

### Richland County Family Planning Program

413 Third Ave. N.

Wahpeton, N.D. 58075 ~ 701.642.7735

\*Lisbon ~ 701.683.6145

### Upper Missouri District Health Unit Family Planning Program

110 W. Broadway, Suite 101

Williston, N.D. 58801 ~ 701.774.6400

\*Crosby ~ 701.965.6813

\*Stanley ~ 701.628.2951

\*Watford City ~ 701.444.3449

### Valley Health

360 Division Ave., Suite 200

Grand Forks, N.D. 58201 ~ 701.775.4251

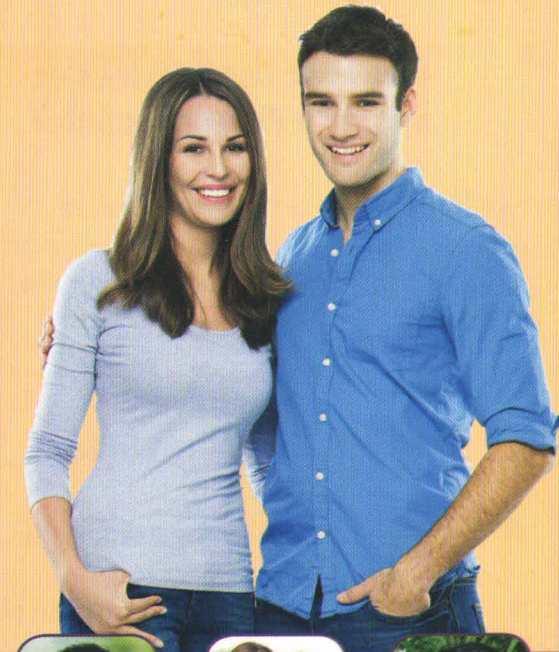
For more information, contact the agency nearest you, visit [www.ndhealth.gov/familyplanning](http://www.ndhealth.gov/familyplanning) or call 800.472.2286 (toll-free).

[www.facebook.com/ndfamilyplanning](http://www.facebook.com/ndfamilyplanning)

\*Satellite clinics

October 2016

# North Dakota Family Planning Program



***Helping women and men  
to understand and take  
responsibility for their  
reproductive health.***



**NORTH DAKOTA  
DEPARTMENT of HEALTH**



**A Title X-funded Family Planning Program**



## What is family planning?

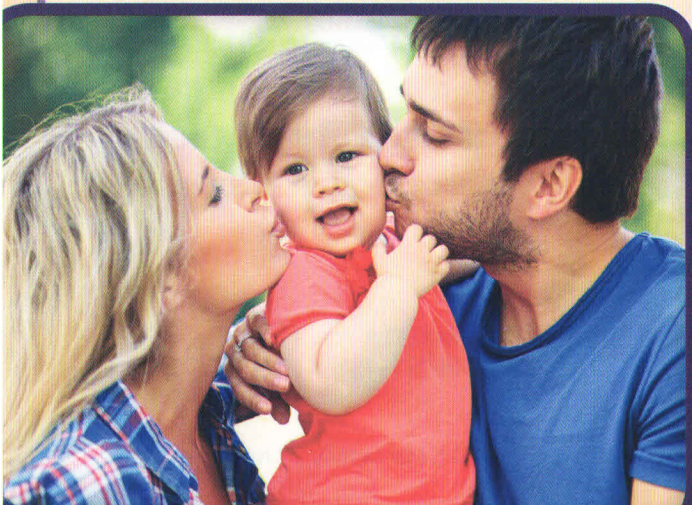
Family planning helps you decide the number of children you want and when you want to have them. It is a decision for you and your partner to make together.

## Who can use services at a Family Planning clinic?

Family planning services are available regardless of age, gender, race, nationality, religion, sexual preference, disability or ability to pay.

## Why have Family Planning clinics?

- ◆ To help individuals who have health needs
- ◆ To help individuals prepare for and plan pregnancies
- ◆ To support healthier relationships
- ◆ To promote healthier communities



## What services are available at a Family Planning clinic?

### Clients may receive education and information about:

- All birth control methods, including abstinence and natural family planning
- How to use the birth control method of their choice
- “Safer-sex” practices
- Sexually transmitted diseases (STDs)
- HIV/AIDS
- Health promotion
- Pregnancy
- Nutrition
- Fertility
- Sterilization procedures
- Breast self-exam
- Testicular self-exam

### Clients may receive:

- ◆ An annual physical exam that may include:
  - Blood pressure
  - Height and weight
  - Urinalysis
  - Sexually-transmitted disease (STD) testing and treatment
  - HIV/AIDS testing
  - Pap smear
  - Physical examination
  - Lab work
  - Breast exam
  - Testicular exam
- ◆ A birth control method that best meets their needs

- ◆ Basic fertility services, along with appropriate referrals
- ◆ Pregnancy testing
- ◆ Basic genetic counseling and referral for genetic evaluation
- ◆ Emergency contraception

## What community services do Family Planning clinics provide?

- ◆ Speakers are available upon request by schools and community groups to discuss family planning services or related topics.

